

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

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16 July 1999

"Leadership, Partnership, and Championship"

### STRESS MANAGEMENT RESOURCE HANDOUTS

We just added these downloadable handouts to our Stress Page:

- \* Time Management Strategies
- \* Is Your Commute Stressing You Out?
- \* How To Deal With Insomnia
- \* Mental Health Promotion Model
- \* Prescriptions for Living
- \* Anger Management: Strategies For Controlling Hostility
- \* Understanding and Coping With Burnout
- \* How To Control Obsessive And Excessive Worry

Check it out under "Stress Management Page" at  
<http://www-nehc.med.navy.mil/hp>



### 2ND ANNUAL

### FORCE HEALTH PROTECTION CONFERENCE

The U.S. Army

Center for Health Promotion and Preventive Medicine:

**"Shaping the Future of Force Health Protection"**

August 23 - 27 1999 in Atlanta, Georgia.

There are two tracks this year:

Community Health Nursing & Health Promotion.

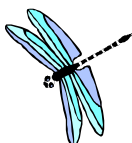
#### Featured Offerings:

- \* Moving Away From Diets: Successful Strategies for Implementing a Non-Diet Approach to Weight Management.
- \* Put Prevention Into Practice (PIPP)/Preventive Health Care Application (PHCA) - From Model Toward Reality.
- \* The Verbal De-escalation and Deflection Techniques in the Management of Aggressive Behavior in the Workplace.
- \* American Lung Association "Freedom From Smoking."
- \* Exploring the Dynamics of Complementary Medicine.
- \* Tobacco Cessation Certification Training.
- \* Secrets of Power Negotiating.
- \* Leadership & Mentoring within Diverse Populations.

Details are available at:

<http://chppm-www.apgea.army.mil/dhpw/>

or PH DSN 584-4656 or commercial (410) 436-4656.



### SEPTEMBER: NATIONAL ALCOHOL AND DRUG ADDICTION RECOVERY MONTH

September 1999 has been designated National Alcohol and Drug Addiction Recovery Month. The theme for this year's observance - "Addiction Treatment: Investing in People for Business Success" - speaks to the importance of treatment. The US Navy has long been a leader in providing treatment (as well as prevention and education programs) for alcohol problems and other addictions. "The Right Spirit" is the Navy's Alcohol Abuse Prevention & Deglamorization Campaign managed by Naval Personnel Command (NPC). Its goals include: enhancing fleet readiness, providing a safe and productive work environment, and ensuring the highest level of QOL for sailors and their families. Navy Alcohol Treatment is managed by the Bureau of Medicine and Surgery (BUMED) and emphasizes a Continuum of Care model based on the individual and operational needs. In other words, treatment no longer is "one size fits all". Providing effective treatment to those who need it is critical to breaking the cycle of alcoholism and addiction, violence, and despair, and to helping substance abusers become productive members of society. Information, resources and materials are available at: <http://www.health.org/recovery99/>.



### TEA VS. HEART ATTACKS?

Drinking at least one cup of tea a day could cut the risk of heart attack by 44% according to research findings of a study recently presented at a Royal Society of Medicine conference in London. Tea, in addition to fruits and vegetables, contains flavonoids, a powerful antioxidant which offsets the damaging effects of oxygen in the body. The study used tea from black tea leaves, which contains more powerful flavonoids than green teas. Herbal teas don't contain flavonoids.



*The secret of happiness  
is not in doing what one likes  
but in liking what one has to do.  
Barrie*